

# 6v6 Rallyball – Finding your fit

Harper was born October 2, 2008. Harper has played one season of volleyball in elementary school. Harper struggled with volleyball in school because they wanted to 'play more'.

## WHERE DOES HARPER FIT?

Harper would be a great candidate for 6v6 Rallyball. Awarding Harper with a spot in 6v6 will:

- Increase the number of touches experienced in a game and expose them to pass – set – hit
- Although relatively new to the sport 6v6 will allow them to stay close to their peer group
- Allow them to learn all positions on the court

Harper does not fit in the TNS or 4v4 stream because:

- TNS may further frustrate Harper as touches are still limited
- As 4v4 is entry level, there maybe social issues with younger athletes



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Alec was born April 9, 2010. Alec has progressed from a Club run Spikes Program to a Smashball Program where Alec showed a good attitude and excellent knowledge of the game for their age.

## WHERE DOES ALEC FIT?

Alec would be a great candidate for 6v6 Rallyball. Awarding Alex with a spot in 6v6 will:

- Allow them to gain more experience with the flow of the game and 6v6 tactics
- Maintain a similar number of touches they have experienced in their club programming to continue to build interest
- Allow them to learn all positions on the court

Alec does not fit in the TNS and 4v4 stream

- Alec's experience with developmental programs have increased their skill level and would not be challenged at the 4v4 level
- Alex needs to further develop his fundamental skills through increased touches there for he would not develop as quickly in the TNS stream



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Jesse was born January 22, 2009. Jesse is a multi-sport athlete that has played one year in the OVA. Jesse loves volleyball but still needs time to develop the fundamentals of the game and learn more positions.

## WHERE DOES JESSE FIT?

Jesse would be a great candidate for 6v6 Rallyball. Awarding Jesse with a spot in 6v6 will:

- Increase Jesse's number of contacts and help develop foundational skills
- Expose Jesse to more positions which will allow coaches to increase their on-court confidence
- Keep Jesse with a peer group that will be inclusive and push him to develop

Jesse does not fit TNS or 4v4 because

- Although the number of touches an athlete can accumulate in 4v4 would be beneficial, Jesse's maturity level would hinder their enjoyment if placed in a younger division
- Jesse needs time to gain court sense and better their skill execution through increased contacts. TNS will not focus on these aspects of the game

